

VEGETARIAN



MAKE YOUR LUNCH RESERVATIONS
AT LEAST ONE BUSINESS DAY
IN ADVANCE!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
12/2 Kofta Meatballs w/Sauce over Brown Rice Peas C Cauliflower FRUIT/DESSERT	12/3 + Cheesy Penne Bake <u>Scandinavian Vegetables</u> Green Beans C w/Red Peppers Whole Wheat Roll w/Butter FRUIT/DESSERT	12/4 Curry Tofu Brown Rice <u>Carrots</u> C Broccoli FRUIT/DESSERT	12/5 Cheese Enchiladas C California Vegetables <u>Spinach</u> FRUIT/DESSERT	12/6 Vegetarian Lentil Stew Brown Rice Zucchini C Fiesta Vegetables FRUIT/DESSERT
12/9 Macaroni & Cheese <u>Peas & Carrots</u> C California Vegetables FRUIT/DESSERT	12/10 Tofu Bolognese w/Whole Grain Spaghetti <u>Carrots</u> Green Beans C w/Red Peppers FRUIT/DESSERT	12/11 Garbanzo Bean Stew over Brown Rice C Winter Vegetables <u>Spinach</u> FRUIT/DESSERT	12/12 Vegetable Lasagna <u>Italian Vegetables</u> Green Beans C w/Red Peppers Whole Wheat Roll w/Butter FRUIT/DESSERT	12/13 Bean & Cheese Burrito w/Enchilada Sauce C Fiesta Vegetables Mexicali Corn FRUIT/DESSERT
12/16 Vegetarian Lentil Stew Brown Rice Zucchini C Fiesta Vegetables FRUIT/DESSERT	12/17 Kofta Meatballs w/Sauce over Brown Rice Peas C Cauliflower FRUIT/DESSERT	12/18 + Cheesy Penne Bake <u>Scandinavian Vegetables</u> Green Beans C w/Red Peppers Whole Wheat Roll w/Butter FRUIT/DESSERT	12/19 Curry Tofu Brown Rice <u>Carrots</u> C Broccoli FRUIT/DESSERT	12/20 Cheese Enchiladas C California Vegetables <u>Spinach</u> FRUIT/DESSERT
12/23 Mushroom Risotto Stewed Tomatoes C Broccoli FRUIT/DESSERT	12/24 CHRISTMAS EVE	12/25 CHRISTMAS DAY	12/26 Garbanzo Bean Stew over Brown Rice C Winter Vegetables <u>Spinach</u> FRUIT/DESSERT	12/27 Vegetable Lasagna <u>Italian Vegetables</u> Green Beans C w/Red Peppers Whole Wheat Roll w/Butter FRUIT/DESSERT
12/30 Cheese Enchiladas C California Vegetables <u>Spinach</u> FRUIT/DESSERT	12/31 Vegetarian Lentil Stew Brown Rice Zucchini C Fiesta Vegetables FRUIT/DESSERT			

All meals served with
lowfat milk.

2 DAILY ALTERNATIVE ENTRÉE CHOICES:
VEGETARIAN OR FEATURED ENTRÉE SALAD
(SEAFOOD LOUIE SALAD W/MOCK CRAB).

— Vitamin A
C Vitamin C

+ Higher in sodium